

**Yoga** is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. **Save 20% on the 2<sup>nd</sup> class when you register for 2 classes in the same session. This includes Pilates! Pay \$12 for each drop-in class.**

## YOGA PM

Day: Mondays  
 Date: **Course # W11033:** January 3 - February 28  
**Course # W11034:** March 7 - May 2  
 Time: 5:30 p.m. - 6:45 p.m.  
 Fee: \$70 per person  
 Age: 18 & older  
 Location: Activities House



## YOGA AM

Day: Wednesdays  
 Date: **Course # W11035:** January 5 - March 2  
**Course # W11036:** March 9 - May 4  
 Time: 8:45 a.m. - 10:00 a.m.  
 Fee: \$70 per person  
 Age: 18 & older  
 Location: Activities House

## YOGA AFTERNOON

Day: Thursdays  
 Date: **Course # W11037:** January 6 - March 3  
**Course # W11038:** March 10 - May 5  
 Time: 1:00 p.m. - 2:00 p.m.  
 Fee: \$70 per person  
 Age: 18 & older  
 Location: Activities House

## ASHTANGA YOGA AM

Day: Fridays  
 Date: **Course # W11039:** January 7 - March 4  
**Course # W11040:** March 11 - May 6  
 Time: 8:30 a.m. - 10:00 a.m.  
 Fee: \$70 per person  
 Age: 18 & older  
 Location: Activities House



## PILATES

Designed to build and strengthen the body's core stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quads, and hamstrings.

Day: Tuesdays  
 Date: **Course # W11041:** January 4 - March 1  
**Course # W11042:** March 8 - May 3  
 Time: 5:30 p.m. - 6:30 p.m.  
 Fee: \$70 per person  
 Age: 18 & older  
 Location: Activities House



\* No classes February 21 - 25 and April 4 - 8!

## Zumba® with Kareen



**ZUMBA**  
fitness

The Zumba® program fuses hypnotic Latin and international rhythms (such as salsa, merengue, cumbia, belly dance, hip hop, and more) and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Day: Wednesdays and Saturdays  
 Date: **Course # W11043:** January 5 - 29  
**Course # W11044:** February 2 - 26  
**Course # W11045:** March 2 - 30  
**Course # W11046:** April 6 - 30  
 Time: Wednesdays: 6:30 p.m. - 7:30 p.m.  
 Saturdays: 11:00 a.m. - 12:00 noon  
 Fee: \$40 per person OR \$8 drop-in rate  
 Age: 12 & older  
 Location: Activities House



**ZUMBA**  
fitness

## ZUMBA in the Park

Come out and enjoy a one of a kind fitness program where you'll be blown away...for a day! Enjoy all your favorite dances with an international twist! Be ready though, you'll want to sign up for the next session of classes!

Day: Saturday  
 Date: March 26  
 Time: **Course # W11047:** 11:30 a.m. - 12:30 p.m.  
**Course # W11048:** 12:45 p.m. - 1:30 p.m.  
 Fee: \$8 per person  
 Age: 5 - 11 years old Zumatonics  
 12 & older Zumba  
 Location: Kenwood Park

First session ZUMBA, ZUMBATONICS immediately following. Registration is required for this one-day program!

## COUCH to 5K RUNNING PLAN

Beginning to run for a beginner can be extremely tough, especially without a plan. This **training** plan can help new runners begin their running experience. If you follow this plan with a positive mindset, you will no doubt succeed. Time required is 10-30 minutes, three days each week, and 9 weeks worth of motivation. Once you've begun, then you'll be able to get off that couch and in shape in no time.

**Course # W11049**

Day: Monday, Wednesday, Friday  
 Date: February 28 - April 29  
 Time: 9:00 a.m. - 10:00 a.m.  
 Fee: \$10 per person  
 Age: 18 & older  
 Location: Kenwood Park

